



TIBETAN BUDDHIST SOCIETY NEWSLETTER



A Symbol of Truth and Enlightenment

Our traditional Tibetan temple is a sacred place featuring many symbols which are powerful reminders of the holy dharma, in particular the positive qualities of mind we try to cultivate for the benefit of both ourselves and others.

Seated atop a richly decorated golden throne, the seven foot tall statue of Lord Buddha is the centrepiece of our beautiful altar.

Consecrated over a three day period the statue holds over five million mantras and prayers printed on pieces of paper and hand-rolled by several students over the course of four years. These mantras are positioned in prescribed places within the statue.

The statue also contains a sandalwood central channel wrapped in cloth and inscribed with gold painted mantras in the Tibetan language. It also contains medicinal substances such as sandalwood powder and saffron, and other precious items. It also contains a copy of each of the eight holy texts composed by Geshe Acharya Thubten Loden, and a Tibetan copy of Tsong Khapa's Graduated Path to Enlightenment, as well as other holy texts.

If undeliverable please return to:

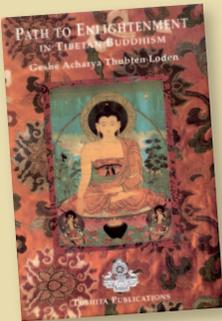
Tibetan Buddhist Society
274 Campersic Road, Herne Hill
Western Australia 6056

Book Reviews

Path to Enlightenment in Tibetan Buddhism

- Geshe Acharya Thubten Loden

The Path to Enlightenment is a core text in Tibetan Buddhism and this book is the basis of our teaching program. It presents the Buddha's main teachings in a clear, step-by-step format, with each stage serving as a foundation for the next.



This extraordinary book may be likened to a practice manual, providing a wide range of different techniques appropriate for a variety of circumstances. These help us to cultivate greater happiness and inner peace in our daily lives, while leading towards the ultimate objective of enlightenment. A comprehensive textbook, it covers the full breadth and depth of Tibetan Buddhist philosophy

with clear explanations of how to put it into practice.

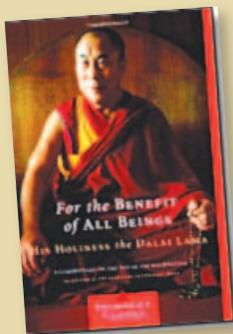
1097 pages - Hardcover - \$130

Available from the temple bookshop or our online store

For the Benefit of All Beings

(A Commentary on the Way of the Bodhisattva)

- His Holiness the Dalai Lama



The Dalai Lama presents detailed practical guidance on sections of *A Guide to the Bodhisattva's Way of Life* by Shantideva, the best known text of Mahayana Buddhism.

The Dalai Lama explains this classic and beloved work, showing how anyone can develop a truly "good heart" and the aspiration for the enlightenment of all beings.

160 pages - Paperback - \$30

Available from the temple bookshop or our online store

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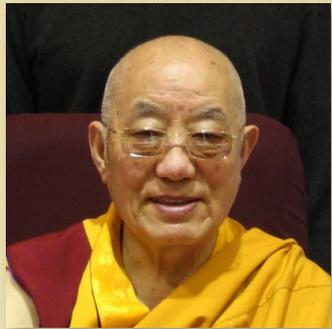
T: (08) 9296 0086 F: (08) 9296 6135

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E: contact@tibetanbuddhistsociety.com.au

Geshe Loden's Fundraising Appeal

With over \$24,000 now raised, the fund raising appeal instigated by Geshe Loden to help feed homeless and disadvantaged people goes from strength to strength.



So that we continue our support of this worthy cause, we are once again calling for donations of unwanted dharma books, paperbacks, coffee table books and general books that we can sell through our book stall.

Donated books can be left with Wayne in the

office and all proceeds from the book sale will be donated to the appeal.

As well as the book stall, we are also selling beautiful orchids as a way of raising additional funds for the appeal.

These plants have been grown and collected over many years and have been kindly donated by Henry Syme. They will be available for sale in the temple shop.



Volunteer Working Groups

As presented at the AGM, we are currently developing a plan for the ongoing running and maintenance of the temple and grounds.

So that we continue to grow and develop over the coming years the plan will encompass all aspects of the centre. Working groups to be formed will cover the maintenance and cleaning of the temple, gardening, general property maintenance, administration, event planning and more.

One of the main strengths of the Tibetan Buddhist Society in Perth lies in the generous support of our members and supporters, so if you would like to put your skills to work and earn some merit in the process, please let us know how you can help out.

A Precious Human Life

A quote from His Holiness, the Dalai Lama

Every day, think as you wake up, today I am fortunate enough to have a precious human life. I am not going to waste it. I am going to use all of my energy to develop myself, to expand my heart out to others, to achieve enlightenment for the benefit of all beings.

I am going to have kind thoughts to others, I am not going to get angry or think badly about others. I am going to benefit others as much as I can.

Teaching Program

Please refer to our web site for class descriptions.

Term 3 – Sunday August 1st to Sunday September 12th

Term 4 – Sunday October 10th to Sunday December 5th

Path to Enlightenment *Sundays 4.00pm to 5.30pm*

Vajrayana Classes *Tuesdays 7.30pm – 9.00pm*

Fundamental Potential *Resuming later this year*

Highest Yoga Tantra Initiations

Tibetan Buddhist Society – Melbourne

Saturday September 18th and Sunday September 19th

Our Spiritual Head and Leader Geshe Acharya Thubten Loden will give initiations into the Highest Yoga Tantra practices of Yamantaka and Vajrayogini over the weekend of September 18th and 19th, 2010 at the Melbourne centre.

For students with a sincere commitment to the practice of the Mahayana path, the chance to receive these initiations is a rare and precious opportunity. The initiations will be followed by a two week live-in Yamantaka retreat concluding with a fire puja.

Students having taken these initiations are then able to attend our regular Vajrayana classes and annual retreats.

Further information and registration forms for the initiations and retreat will be available later this term.

An Introduction to Highest Yoga Tantra

Saturday August 21st, 9.30am to 12.00pm

Les will present an information morning for interested students and those considering taking Highest Yoga Tantra initiations in September.

The morning will consist of two sessions where Les will give an overview of the initiations, the practice, and the commitments involved, as well as taking questions.

Cost \$20 including morning tea

To register please see Wayne after classes, email your registration to contact@tibetanbuddhistsociety.com.au or call the office on 9296-0086 between 10am & 2pm on Mondays or Wednesdays.

One Day Meditation Seminar

Sunday 8th August, 10.00am to 3.00pm

This one-day seminar introduces several basic meditation techniques effective for overcoming the debilitating symptoms of stress and unhappiness, and enhancing the quality of life and relationships.

Sessions consist of guided meditation introducing special methods for relaxing the mind and body. Instructions are given in the practical application of the meditation techniques to everyday life situations.

Cost \$100 including morning tea, lunch and course notes.

Register and pay online, or download a registration form from our web site at www.tibetanbuddhistsociety.com.au

Introduction to Buddhism & Meditation

5 weeks 10.00am to 12.30pm

Commencing 15th Sunday August

These popular courses are intended for anyone interested in understanding Buddhist approaches to a happier life, the fundamentals of Buddhist philosophy and psychology, as well as learning several meditation techniques.

Cost \$100 including morning tea and course notes.

Register and pay online, or download a registration form from our web site at www.tibetanbuddhistsociety.com.au